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ABSTRACT

Factors associated with the speed and level of difficulty with which individuals adjust to separation and divorce were investigated. A scale was developed to analyze these factors, and included items dealing with the subdimensions of stress and the perception of the persons involved. Factor analysis of the scale items as well as additional tests indicated that: (1) stress is a multidimensional concept; (2) reliability is a problem because of extreme fluctuations in emotions and actions of the persons involved; and (3) validity is confirmed by use of self-esteem items in the scale. The appendices contain the Subdimensions of Stress Scale, the alpha factor analysis of the Stress Scale items, a comparison between the Scale and factor analysis clusters, the Fase of Role Transition Scale, and the Self Esteem Scale items. (Author/HLM)

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THE DEVELOPMENT OF A POST SEPARATION/ POSTDIVORCE PROBLEMS AND STRESS SCALE

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The Development of a Post Separation/ Postdivorce Problems and Stress Scale

When I first started my research in post separation/post divorce adjustment in the early 1970's, there was very little quantitative research done in the specific area of adjustment; the only published scale I could locate was Goode's (1956) trauma scale used in his 1948 interview study of 425 divorced mothers in Detroit, which did not measure all the subdimensions of stress which I wanted to examine. In addition to this scale, Barringer's (1973) questionnaire on divorce adjustment came to my attention when I was a member of Parents Without Partners. He had developed questions to measure the quality of postdivorce adjustment, although they were not scaled.

Since then I have discovered a few unpublished scales such as Blair's (1969) Divorcee's Adjustment Instrument which was 128 forced choice questions derived from each postulated stage of Waller and Hill's (1951) readjustment process; Blair's instrument had face validity and test-retest reliability. Other adjustment studies in the 1970's have used other scales such as The Social Readjustment Rating Scale (Holmes and Rahe, 1967), Rosenberg's Self Esteem Scale (Rosenberg, 1965), the modified version (Gurin, et. al., 1969) of Rotter's Locus of Control Scale (Rotter, 1966), Bradburn's Affect Balance Scale (1969), Psychosocial Adjustment and Personal Growth (Brown, et. al., 1977), and Kitson's (1976) modified version of Spitzer's Psychiatric Index Schedule (Spitzer, et. al., 1969).

Of the literature available to me in the early 1970's, Goode's (1956) interview schedule and Barringer's (1973)

questionnaire were helpful, especially by enabling the phrasing of some questions so they would be comparable.

However, what was available to me at the time did not meet my research objectives. The purpose of the study was to attempt to determine some of the characteristics or factors associated with slow or rapid, difficult or easy, adjustment after separation and divorce. Therefore, I found it necessary to construct my own scale.

I. INITIAL DEVELOPMENT

My first step was to logically deduce the subdimensions of stress, since I was reasonably certain it was not an unidimensional concept. These subdimensions were conceptualized as follows:

1. Perceived Unpleasant, Unfavorable Emotional States

   A. Depression
   B. Emotional Turmoil
   C. Loneliness
   D. Guilt
   E. Goode's Trauma Items

2. Perceived Satisfaction With New Roles

   A. As a single parent
   B. As a friend
   C. As a worker on a job
   D. As a date
   E. As a former spouse
   F. As a club or organization member

3. Perceived ability to Fulfill or Deal With New Roles

   A. As a single parent
   B. As a friend
   C. As a worker on a job
   D. As a date
   E. As a former spouse
   F. As a club or organization member

The initial items to measure these concepts came from the scant literature, my own personal experience with a devestating divorce, and my many varied experiences with literally hundreds of separated and divorced individuals in organizations such as Parents Without Partners (hereafter referred to as PWP). My past membership, activities, and many friends in the PWP chapters and We Care Self-Help Therapy Groups "eased my entry" back into these groups for my research purposes. The We Care groups, at that time informally sponsored by PWP, were used for help with construction and pretesting of the entire questionnaire. (The PWP chapters were used for actual acollection of data).

I discussed the scale items and thoroughly rehashed them with several We Care groups, composed of divorced and separated individuals in the Minneapolis-St. Paul area. After these discussions, I pretested and revised the items; I then pretested the revised items on another We Care group. After that, I organized these items into the various subdimensions discussed above (See Appendix A).

III. FACTOR ANALYSIS OF THE SCALE ITEMS

After the data were collected, I performed an Alpha Factor Analysis on the scale items, with oblique rotation to see if the logically deduced structure among the items would hold up.[1] I recoded the items so they all ranged from low (1) to high (4);

[1]Write to the author if you are interested in the reasons why Alpha Factoring with oblique rotation was chosen.

also all cases which had any missing data on any of the items were given the mean value of that item based on the rest of the sample. The number of missing responses on the various scale items ranged from 0 to 45 with the mean being 4.45. This coding of the missing responses to the mean enabled me to include all 277 cases.

A summary of the results of the Alpha Factor Analysis of the entire 277 cases is presented in the following table:

TABLE I: Summary of Alpha Factor Analysis of Stress Scale Items

Factor	Amount of Variance Accounted For	Cluster
1	41.3%	Perceived Unpleasant Emotional States
2	10.8	Occupation-Ability and Satisfaction
3	9.4	Relations with Former Spouse
4	7.5	Dating Status
5	6.5	Ability with Children and Home
6	5.8	Goode's Trauma Items
7	5.6	Interaction in New Roles (except with date and former spouse)
8	4.7	Satisfaction with Children
9	4.5	Withdrawal and Guilt Tendencies
10	3.9	Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations

The items in each factor and their loadings are presented in Appendix B. Names suggestive of the common elements joining the various factor items were assigned.

From Table 1 we can see that the first factor, labeled perceived unpleasant emotional states, accounts for the largest proportion, 41.3 per cent of the variance. Perceived occupational ability and satisfaction with one's relations with former spouse account for another 20 per cent. The other stress scale items, while individually not accounting for much of the variance, do cluster in theoretically logical patterns. All items, except one, attitude of former spouse toward self, loaded over .30, with many loading over .50 as can be seen in Appendix B.

This factor analysis supports the earlier contention that post separation and postdivorce stress is not a unidimensional concept, but rather multidimensional. The relatively high factor loadings support the inclusion of all items in the stress scale contained in Appendix A.

III. RELIABILITY

Reliability was and still remains a problem that is difficult to solve with post separation and postdivorce research because of the extreme fluctuations in emotions and actions, even from one hour to the next. At first I planned to follow Goode's (1956) four time periods for each stress scale item: (1) final decision to separate, (2) filing of the divorce decree, (3) final

divorce decree, and (4) now. After initial pretesting of the stress scale, I realized that it would be impossible to include these four times periods. They increased the length of the questionnaire far too much, considering all the other items that were scheduled to be included.

So I had to settle on the time period "now", although it was an uneasy compromise because of the rapid changes in emotions and actions of separated and divorced individuals as I mentioned earlier. I did try to get at the differences the separation or divorce had created by using the general format "Now, as compared to before your separation or divorce...". I hoped by this technique to incorporate a kind of retrospective history taking because in some situations getting out of a conflicted marriage reduced many kinds of stress. In addition, individuals who had been separated or divorced shorter or longer periods of time could be compared.

Because of the fluctuations in emotions and actions, the traditional test-retest method for determining reliability was not used. The other traditional method for testing reliability, the split half method, Bohrnstedt (1970) in discussing reliability in attitude measurement, claims "for good reason...has fallen into disuse." He recommends the method developed by Kuder and Richardson (1937):

> This approach, called internal consistency, examines the covariance among all of the items simultaneously rather than that in a particular and arbitrary split. The Kuder-Richardson formulas and generalizations coming from them remain the most popular approach to reliability today (Borhrnstedt, 1970:87).

The generalization of the Kuder-Richardson formulas which has gained the most popularity is that called α alpha by Cronbach (1951). I used Cronbach's Alpha formula to compute the internal consistency reliability estimate for the total items in the stress scale and for the ten individual factors separately. The results are as follows:

	Cronbach's Alpha Internal Reliability Estimate
Total Stress Scale	.66
Factor One Items	.90
Factor Two Items	.75
Factor Three Items	.54
Factor Four Items	.69
Factor Five Items	.71
Factor Six Items	.41
Factor Seven Items	.48
Factor Eight Items	.71
Factor Nine Items	.61
Factor Ten Items	.79

From these reliability estimates with many being near or above .60, according to Bohrnstedt (1970), I could have confidence that the scale was reasonably reliable.

IV. VALIDITY

I established face validity as much as possible, in the initial development of the scale when I submitted the items to hundreds of separated and divorced people in the We Care groups and obtained their comments and opinions.

I confirmed this face validity with the Alpha Factor Analysis; I compared the logically deduced subdimensions of the stress scale with the factor clusters. The results are presented in Appendix C, which shows that the logically deduced subdimensions of the stress scale compare favorably with the empirically derived factor analysis clusters. This comparison adds support to the face validity.

My second test of validity involved "trait validity" as referred to by Campbell (1960) or "concurrent validity" as referred to by Cronbach and Meehl (1955). "Trait validity" is tested by correlating a new scale with another related measure. I left Goode's trauma items out of the stress scale and correlated the remaining items with the trauma subscale items. Pearson's zero-order correlation was .46, significant beyond the .001 level. This gives support for the "trait validity" of the scale.

I also used Burr's (1972) "ease of role transition theory" to give additional "trait" or "concurrent" validity to the scale. Burr states that the concept of role transitions refers to the process of moving in and out of roles in a social system, and that ease of role transitions is defined as "the degree to which there is freedom from difficulty and the availability of resources to either begin or stop a role in a social system" (1972:407). While Burr was not specifically dealing with role transitions from married to divorced status, I felt his conceptual definition was abstract enough to include this particular transition in an individual and family's life cycle. He suggested certain propositions concerning anticipatory socialization, role clarity, role conflict, and goal conflict, and goal attainment. I constructed five questions (Appendix D) for an ease of role transition scale based on his propositions.

The zero order correlation between the stress scale and the ease of role transition scale was .34, significant beyond the .001 level. Those who had a high ease of role transition score perceived themselves as having less postdivorce adjustment stress. A case could be made for ease of role transition being a dependent variable. In this instance, the significant correlation between stress and ease of role transition would add support for "trait" or "concurrent" validity for the stress scale.

Burr was attempting to explain theoretically "why variation occurs in the ease of making various role transitions" (1972:407). This study attempted to explain why variation occurs in post separation/postdivorce adjustment stress which could be conceptually similar.

My remaining test of validity is one of "construct validity" as defined by Rosenberg and Simmons (1971): "With construct validity, the idea is that if a measure measures what it purports to measure, then it should be related to measures of other concepts in theoretically meaningful ways." This approach to validity involves Rosenberg's (1965) seven-item Self-Esteem Scale. I expected that self-esteem and stress would be correlated if the measures were valid. I expected low self-esteem separated or divorced people to have more difficulty in adjusting to separation or divorce, or conversely, those who had more difficulty in adjusting to separation or divorce (as measured by my new stress scale) could be expected to develop low self-esteem. It is a reciprocal relationship. If I could show this empirically, the validity of the stress scale would be further increased.

The Self-Esteem Scale is shown in Appendix E. The zero-order correlation between the postdivorce adjustment stress scale and the self-esteem scale was -.43,[2] significant beyond the .001 level. As I predicted above, the higher the self-esteem of an individual, the lower the post separation/postdivorce stress. The significant correlation between the self-esteem scale and the stress scale adds even more validity to the new stress scale.

From these several measures of validity--face, concurrent, and construct, I felt the new stress scale was reasonably valid, and that I could have sufficient confidence in it to proceed with the analysis of my data.

V. DISCUSSION AND IMPLICATIONS FOR FAMILY POLICY

With adequate reliability and validity established for the postdivorce problems and stress scale, I was able to feel reasonably confident in using it for measuring stress. It is important to be able to determine the relative amount of stress perceived by separated or divorced individuals for research and counseling purposes. In research we need to be able to correlate the relative level of stress with other characteristics or factors, especially those that are changeable or modifiable in the present by the person himself or herself, or by some kind of social intervention. In counseling, the amount and type of stress (as delineated by the subdimensions) can be most helpful in choosing the best therapy or treatment for the individual involved. It can also save the counselor time in judging just where the client "is" in the

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[2]Self-Esteem Scale scored in opposite direction from stress scale.

aftermath of the separation or divorce, hence helping to know where and/or how to start the therapy process.

The impact and implications of my new stress scale to family policy is multifaceted. First, only recently, in this decade of the 1970's, has divorce been seriously recognized by social science researchers and practitioners as a crisis and stress producing event. Hence, only recently has separation, divorce, and single parent families been included in the majority of family textbooks. Some still neglect these subjects or treat them very perfunctorily. Second, only in this decade have institutions of our society, such as the mass media, some churches, social service agencies, higher education, and even state and federal governments come to recognize divorce and its ramifications as a widespread social phenomenon and to deal with it openly. Only when an event is recognized and defined as a possible crisis and stress producing, can these societal institutions develop any policies and/or programs for helping the individuals and families involved.

When an event is finally recognized by the larger society as stressful for individuals and families, and as potential problems for society in general, measurement of this stress caused by separation and divorce becomes important for all those professionals involved in various ways in creating, modifying or changing family policy where it relates to separation and divorce. When stress reaches certain levels, social intervention of some kind is advantageous for the individuals, as well as for society in general; therefore, being able to measure stress enables professionals who develop and implement policy to be more quantitative and precise in their program development for social intervention in separation, divorce, and single parent problems.

APPENDIX A: SUBDIMENSIONS OF THE STRESS SCALE

1. Perceived Unpleasant, Unfavorable Emotional States:

A. Depression:

Var. 99) In regard to fatigue now, as compared to before the separation:
1. My fatigue has decreased.
2. I had some fatigue before and there has been no change since.
3. I had much fatigue before and there has been no change since.
4. My fatigue has increased.
5. Not applicable - I have never experienced much fatigue.

104) As compared to before the separation, in general how would you say you feel most of the time now - higher or lower spirits?
1. I am in higher spirits.
2. I was in reasonably good spirits before and there has been no change.
3. I was in rather poor spirits before and there has been no change.
4. I am in lower spirits.

106) In regard to feelings of apathy and/or indifference now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

109) In regard to feelings of depression now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

111) In regard to serious suicide thoughts now as compared to before the separation:
1. These thoughts have increased.
2. These thoughts have decreased.
3. I definitely had these thoughts before and there has been no change since.
4. Not applicable - I have never had suicide thoughts.

APPENDIX A - continued

126) As compared to before the separation, do you feel more or less downcast and/or dejected?
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

119) In regard to feelings of lack of purpose in life now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

B. Emotional Turmoil

82) In regard to feelings of being in a period of emotional turmoil now as compared to before the separation or divorce:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

85) In regard to crying and/or crying spells now as compared to before the separation:
1. These have increased.
2. These have decreased.
3. I definitely had these before and there has been no change since.
4. Not applicable - I have never had crying spells or cried much.

84) In regard to feelings of tension now as compared to before the separation:
1. Not applicable - I have never had these feelings.
2. These feelings have increased a lot.
3. These feelings have increased a little.
4. These feelings have decreased a lot.
5. These feelings have decreased a little.
6. I definitely had these feelings before and there has been no change since.

94) In regard to wild, frantic, climbing-the-wall feelings now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

APPENDIX A - continued

114) In regard to feelings of anger in general now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

124) In regard to feelings that you are all upset emotionally now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

130) In regard to feelings of "going to pieves" now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

102) In regard to feelings of anxiety now as compared to before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

C. Loneliness:

83) Compared to before the separation, has there been a change in your feelings of aloneness?
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

93) Compared to before the divorce, do you have feelings of being emotionally alone now even though surrounded by people?
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

APPENDIX A - continued

122) As compared to before the separation, have your feelings of loneliness changed?
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

132) Compared to before the separation, do you have more or fewer feelings of general isolation?
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

D. Guilt:

107) Do you feel remorseful over "what is" compared to "what might have been"?
1. No, not at all
2. Sometimes
3. Yes, a little
4. Yes, a lot

117) In regard to feelings of guilt (concerning your separation and/or divorce) since the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change since.
4. Not applicable - I have never had these feelings.

129) Do you blame yourself for your separation and/or divorce
1. Not at all
2. A little
3. Some
4. Very much

E. Goode's Trauma Items:

90) In regard to sleeping at night now as compared to how well you slept before the separation:
1. I sleep better.
2. I was able to sleep reasonably well before and there has been no change since.
3. I did not usually sleep well before and there has been no change since.
4. I have more trouble getting to sleep and/or staying asleep.

91) In regard to your physical health now as compared to before the separation:
1. My physical health is better.
2. My physical health was O.K. before and there has been no change since.
3. My physical health was not so good before and there has been no change since.
4. My physical health has become worse.

APPENDIX A - continued

95) In regard to your smoking now as compared to before the separation:
1. It has increased.
2. It has decreased.
3. There has been no change.
4. Not applicable - I have never smoked.

97) In regard to your drinking of alcoholic beverages now as compared to before the separation:
1. My drinking has increased.
2. My drinking has decreased.
3. There has been no change.
4. Not applicable - I do not drink.

103) In regard to your usage of legal drugs (such as sleeping pills, anti-depressants, etc.) now as compared to before the separation:
1. Not applicable - I have never used legal drugs.
2. My usage of legal drugs has decreased.
3. I used some legal drugs before and there has been no change since.
4. My usage of legal drugs has increased.

113) In regard to memory difficulties now as compared to before the separation:
1. They are less.
2. There has been no change.
3. They are more.
4. Not applicable - I have never had memory difficulties

2. Perceived Satisfaction With New Roles:

A. As a Single Parent:

101) Compared to before the separation, are you now more or less satisfied with your relationships with your children?
1. I am more satisfied.
2. I was reasonably satisfied before and there has been no change.
3. I was somewhat dissatisfied before and there has been no change.
4. I am less satisfied.

125) In regard to enjoying my children now as compared to before the separation:
1. I enjoy them more.
2. I enjoyed them before and there has been no change.
3. Not applicable - I rarely, if ever, see them, which doesn't bother me.
4. Not applicable - I rarely, if ever, see them, which does bother me.
5. I enjoy them less.

APPENDIX A - continued

B. As a Friend:

96) Compared to before the separation, are you now more or less satisfied with your relationships with your friends?
1. I am more satisfied now.
2. I was mostly satisfied before and there has been no change since.
3. I was somewhat dissatisfied before and there has been no change since.
4. I am less satisfied now.

C. As a Worker on a Job or Homemaker:

70) Circle the number which best describes the amount of satisfaction (in addition to money) which you obtain from your job:
1. Highly satisfied
2. Moderately satisfied
3. Neutral
4. Moderately dissatisfied
5. Highly dissatisfied
6. Not applicable - I don't have an outside job.

115) Compared to before the separation, how satisfied now are you with your relationships with people on your job?
1. I am much more satisfied.
2. I am somewhat more satisfied.
3. There has been no change.
4. I am less satisfied.
5. Not applicable - I don't work

120) In regard to your satisfaction with your present job now as compared to before the separation:
1. It has increased.
2. It has decreased.
3. I was satisfied before and there has been no change.
4. I was somewhat dissatisfied before and there has been no change since.
5. Not applicable - I don't work on an outside job.

121) In regard to your satisfaction with your housework now as compared to before the separation:
1. It has increased.
2. It has decreased.
3. I was satisfied before and there has been no change
4. I was somewhat dissatisfied before and there has been no change since.
5. Not applicable - I don't do enough housework to have any feelings about it.

APPENDIX A - continued

D. As a Date:

219) How satisfied are you generally with your present (last few months) dating partners and activities? (Circle one)
1. Highly satisfied
2. Moderately satisfied
3. A little satisfied
4. A little dissatisfied
5. Highly dissatisfied
6. Don't date

220) How comfortable are you when out on dates?
1. Very comfortable
2. Somewhat comfortable
3. Neutral
4. Somewhat uncomfortable
5. Very uncomfortable
6. Depends on whom I am with and number of times dated

E. As a Club or Organization Member:

105) Compared to before the separation, are you more or less satisfied with your relationships with other people in your clubs and other social and community organizations?
1. I am more satisfied.
2. There has been no change.
3. I am less satisfied.

110) Compared to before the separation, are you now more or less satisfied with your participation in clubs and other social and community organizations?
1. I am much more satisfied.
2. I am somewhat more satisfied.
3. There has been no change.
4. I am less satisfied.

F. As a Former Spouse:

98) In regard to daydreaming (especially dwelling on past details of your marriage and interaction with your former spouse - both positive and negative aspects) now as compared to before your separation:
1. Not applicable - I have never experienced this kind of daydreaming.
2. Such daydreaming has decreased.
3. I daydreamed before and there has been no change since.
4. Such daydreaming has increased.

APPENDIX A - continued

100) In regard to feelings now of wanting to destroy (financially, emotionally, or physically) your former (or separated from) spouse since before the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change.
4. Not applicable - I have never had these feelings.

118) In regard to feelings of hostility toward your former (or separated from) spouse since the separation:
1. These feelings have increased.
2. These feelings have decreased.
3. I definitely had these feelings before and there has been no change.
4. Not applicable - I have never had these feelings.

235) What do you think is the attitude of your former (or separated from) spouse toward you now?
1. Very negative
2. A little negative
3. Indifferent
4. Friendly
5. Still in love

3. Perceived Ability to Fulfill or Deal with New Roles

A. As a Single Parent:

87) Compared to before the separation, are you now more or less able to fulfill or deal with your current responsibilities for your children (including visitations and child support)?
1. I am more able.
2. I was able before and there has been no change since.
3. I was not very able before and there has been no change since.
4. I am less able.

128) Compared to before the separation, how well are you able to handle your children?
1. I handle them better.
2. I handle them less well.
3. I handled them satisfactorily before and there has been no change since.
4. I am less able.

APPENDIX A - continued

133) Compared to before the separation, how do you feel about your ability to deal with your children?
1. My ability to deal with my children has improved
2. My ability to deal with my children has gotten worse.
3. My ability to deal with my children was O.K. before and there has been no change since.
4. This was a problem before and there has been no change since.
5. Not applicable - I rarely, if ever, see my children.

230) Separation and/or divorce usually requires new, different ways of interacting with people. How have you found your role as a single parent?
1. Very easy
2. Somewhat easy
3. Neutral
4. Somewhat difficult
5. Very difficult

B. As a Friend:

92) Compared to before the separation, are you now more or less able to cope well with your relationships with your friends?
1. I am more able to cope well with my relationships with my friends.
2. I am less able to cope well with my relationships with my friends.
3. I was able to cope reasonably well before and there has been no change since.
4. I had some problems in this area before and there has been no change since.

233) Separation and/or divorce usually requires new, different ways of interacting with people. How have you found your role as a friend?
1. Very easy
2. Somewhat easy
3. Neutral
4. Somewhat difficult
5. Very difficult

C. As a Worker on a Job or Homemaker:

88) In regard to your work efficiency on your job now as compared to before the separation:
1. It has increased.
2. It has decreased.
3. I was reasonably efficient before and there has been no change since.
4. I was not too efficient before and there has been no change since.
5. Not applicable - I don't work on an outside job.

APPENDIX A - continued

89) In regard to your work efficiency on your housework now as compared to before the separation:
1. It has increased.
2. It has decreased.
3. I was reasonably efficient before and there has been no change since.
4. I was not too efficient before and there has been no change since.
5. Not applicable - I don't do enough housework to judge my efficiency.

108) In regard to your ability to care for and maintain your home or apartment now as compared to before the separation:
1. It has improved.
2. It has remained about the same.
3. It has become poorer.

112) Compared to before the separation, are you now more or less satisfied with your ability to handle problems that arise on your job?
1. Not applicable - I don't work on an outside job
2. I am more satisfied.
3. I am less satisfied.
4. This ability was satisfactory before and there has been no change since.
5. This ability was a little unsatisfactory before and there has been no change since.

131) Compared to before your separation, do you feel you have more or less ability to get along with people on your job?
1. I have more ability.
2. I have less ability.
3. I had this ability before and there has been no change since.
4. Not applicable - I don't work on an outside job.

231) Separation and/or divorce usually requires new, different ways of interacting with people. How have you found your role as a co-worker on a job?
1. Very easy
2. Somewhat easy
3. Neutral
4. Somewhat difficult
5. Very difficult

APPENDIX A - continued

D. As a Date:

232) Separation and/or divorce usually requires new, different ways of interacting with people. How have you found your role as an available date in social life?
1. Very easy
2. Somewhat easy
3. Neutral
4. Somewhat difficult
5. Very difficult

E. As a Former Spouse:

116) In regard to your ability to break your emotional ties to your former (or separated from) spouse now:
1. Not applicable - the emotional ties were broken before the separation.
2. I am finding it easier than I expected.
3. I am finding it about as easy or difficult as I expected.
4. I am finding it more difficult than I expected.

229) Separation and/or divorce usually requires new, different ways of interacting with people. How have you found your role as a former spouse?
1. Very easy
2. Somewhat easy
3. Neutral
4. Somewhat difficult
5. Very difficult

F. As a Club or Organization Member:

123) Compared to before the separation, how adequate do you feel your ability is to fulfill new roles in clubs and other social and community organizations that you may participate in?
1. I feel my ability is more adequate.
2. I feel my ability is less adequate.
3. My ability was adequate before and it has not changed since.
4. My ability was not very adequate before and there has been no change since.
5. Not applicable - I don't participate in any clubs or other social and community organizations.

APPENDIX B: ALPHA FACTOR ANALYSIS OF STRESS SCALE ITEMS

Var. #	Brief Description of Items	Loading
	FACTOR ONE: PERCEIVED UNPLEASANT EMOTIONAL STATES 41.3% of variance accounted for	
082	Emotional turmoil	.53
083	Feelings of aloneness	.48
084	Tension	.42
085	Crying spells	.45
093	Feeling of being emotionally alone	.53
094	Wild, frantic feelings	.73
099	Fatigue	.30
102	Anxiety	.63
103	Legal drugs	.34
104	Higher or lower spirits	.64
106	Apathy or indifference	.42
109	Depression	.75
111	Suicide	.39
113	Memory difficulties	.32
114	Anger	.48
119	Lack of purpose in life	.48
122	Feelings of loneliness	.58
124	Emotionally upset	.71
126	Downcast and dejected	.62
130	Feelings of going to pieces	.70
132	Feelings of general isolation	.51
	FACTOR TWO: OCCUPATION - ABILITY AND SATISFACTION 10.8% of variance accounted for	
088	Job-work efficiency	.83
112	Job ability	.78
120	Job satisfaction	.73
131	Job people ability	.71
070	Job satisfaction	.35
	FACTOR THREE: RELATIONS WITH FORMER SPOUSE 9.4% of variance accounted for:	
100	Desire to destroy former spouse	.58
118	Hostility toward former spouse	.63
234	Attitude toward former spouse	.63
235	Former spouse's attitude toward self	.27

APPENDIX B - continued

Var. #	Brief Description of Items	Loading
	FACTOR FOUR: DATING STATUS 7.5% of variance accounted for:	
219	Satisfaction with present dating partners	.68
220	Comfortable on dates	.51
232	New role as available date	.69
	FACTOR FIVE: ABILITY WITH CHILDREN AND HOME 6.5% of variance accounted for:	
089	Housework efficiency	.65
108	Ability to maintain home	.42
121	Satisfaction with housework	.66
128	Ability - children	.53
133	Ability - children	.60
	FACTOR SIX: GOODE'S TRAUMA ITEMS 5.8% of variance accounted for:	
090	Sleeping	.46
095	Smoking	.31
097	Drinking	.40
091	Physical health	.44
	FACTOR SEVEN: INTERACTION IN NEW ROLES (EXCEPT WITH DATE AND FORMER SPOUSE) 5.6% of variance accounted for	
230	New role as single parent	.41
231	New role as co-worker on job	.48
233	New role as friend	.46

Note: These items were not originally intended to be included in the stress scale.

	FACTOR EIGHT: SATISFACTION WITH CHILDREN 4.5% of variance accounted for	
087	Ability to fulfill responsibilities for children	.58
101	Satisfaction with children	.80
125	Enjoy children	.54

APPENDIX B - continued

Var. #		Loading
	FACTOR NINE: WITHDRAWAL AND GUILT TENDENCIES (4.5% of variance accounted for)	
098	Daydreaming, especially of former spouse and former marriage	.48
107	Remorseful	.48
116	Ability to break emotional ties with former spouse	.45
117	Guilt	.55
129	Blame self for divorce	.43
229	New role as former spouse (not originally intended for stress scale)	.38
	FACTOR TEN: SATISFACTION AND ABILITY IN NEW ROLES WITH FRIENDS AND PEOPLE IN JOBS AND ORGANIZATIONS (3.9% of variance accounted for)	
092	Ability with friend relationships	.58
096	Satisfaction with friends	.60
105	Satisfaction with people in organization	.64
110	Satisfaction with participation in organization	.66
115	Satisfaction with people on job	.49
123	Ability in new organization roles	.55

APPENDIX C: COMPARISON BETWEEN SUBDIMENSIONS OF STRESS SCALE AND FACTOR ANALYSIS CLUSTERS

Logically Deduced Subdimensions	Factor Analysis Clusters
1. Perceived, Unpleasant, Unfavorable Emotional States	
A. Depression	Factor 1: Perceived Unpleasant Emotional States
B. Emotional Turmoil	Factor 1: Perceived Unpleasant Emotional States
C. Loneliness	Factor 1: Perceived Unpleasant Emotional States
D. Guilt	Factor 1: Perceived Unplesant Emotional States
	Factor 9: Withdrawal and Guilt Tendencies
E. Goode's Trauma Items	Factor 6: Goode's Trauma Items (all except loneliness, memory difficulties and work efficiency)
2. Perceived Satisfaction with New Roles	
A. As a single parent	Factor 7: Interaction in New Roles (Except with Date and Former Spouse)
	Factor 8: Satisfaction with Children
B. As a friend	Factor 7: Interaction in New Roles (Except with Date and Former Spouse)
	Factor 10: Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations
C. As a worker on a job	Factor 2: Occupation - Ability and Satisfaction
	Factor 7: Interaction in New Roles (Except with Date and Former Spouse)

	Factor 10:	Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations
D. As a date	Factor 4:	Dating Status
E. As a former spouse	Factor 3:	Relations with Former Spouse
	Factor 9:	Withdrawal and Guil Tendencies
F. As a club or organization member	Factor 7:	Interaction in New Roles (Except with Date and Former Spouse)
	Factor 10	Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations

3. Perceived Ability to Fulfill or Deal with New Roles

A. As a single parent	Factor 5:	Ability with Children and Home
	Factor 7:	Interaction in New Roles (Except with Date and Former Spouse)
B. As a friend	Factor 7:	Interaction in New Roles (Except with Date and Former Spouse)
	Factor 10:	Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations
C. As a worker on a job	Factor 2:	Occupation - Ability and Satisfaction
	Factor 10:	Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations
D. As a date	Factor 4:	Dating Status
E. As a former spouse	Factor 3:	Relations with Forme Spouse
F. As a club or organization member	Factor 7:	Interaction in New Roles (Except with Date and Former Spouse)

Factor 10: Satisfaction and Ability in New Roles with Friends and People in Jobs and Organizations

APPENDIX D: EASE OF ROLE TRANSITION SCALE

1. Prior to your separation, did you have a fairly clear or unclear idea of what the divorced status (in knowing what to do, how to act, what to expect, etc.) would be like?
   1. Very unclear
   2. Somewhat unclear
   3. Somewhat clear
   4. Very clear

2. After your separation and/or divorce, was your divorced (or separated) status (in knowing what to do, how to act, what to expect, etc.) fairly clear or unclear?
   1. Very unclear
   2. Somewhat unclear
   3. Somewhat clear
   4. Very clear

3. How are you now adjusted to the 'idea' of separation and/or divorce?
   1. Not yet adjusted at all
   2. A little adjusted
   3. Somewhat adjusted
   4. Well adjusted
   5. I don't think I will ever adjust

4. How have you found the experience of 'redefining your identity' from that of a married person to that of a divorced (or separated person)?
   1. Easier than I expected
   2. About what I expected
   3. More difficult than I expected
   4. Challenging but worthwhile

5. Do you feel your marriage was preventing the attainment of life goals that were important to you?
   1. No
   2. Yes

APPENDIX E: SELF ESTEEM SCALE ITEMS
(each with choices DS, DM, DL, AL, AM, AS)*

1. On the whole, I am satisfied with myself.
2. I feel I do not have much to be proud of.
3. I wish I could have more respect for myself.
4. At times I think I am no good at all.
5. I feel I have a number of good qualities.
6. I certainly feel useless at times.
7. I take a positive attitude toward myself.

*DS = Disagree strongly, DM = Disagree moderately, DL = Disagree a Little. AL = Agree a little, AM = Agree moderately, AS = Agree strongly.

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